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Halifax Rocks lineup to be released today

CONCERT Music fans will learn the complete lineup for Halifax Rocks 2010 later today.

A media conference is scheduled for the World Trade and Convention Centre at 11:30 a.m. where the six acts for the Friday, July 23, portion of the show will be announced.

Three other artists for the Saturday, July 24, portion will also be unveiled, joining the previously announced Black Eyed Peas, Weezer and Classified.

Details of what is being called the first-of-its-kind rain-insurance ticket will also be part of the press conference. Purchasers of this ticket will get a full refund, even by watching the show, should a certain amount of rain fall on the day of the concert.

METRO HALIFAX

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Tantallon pg 12

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Man was killed: Cops

Police say Grant William Kidston, 47, a victim of homicide

ALEX BOUTILIER
for Metro Halifax

Halifax Regional Police say a 47-year-old man found dead in his Dartmouth apartment was the victim of a homicide.

Just before 3 p.m. Sunday, police say officers were called to an apartment building at 167 Victoria Rd. in Dartmouth, after receiving reports of a deceased person in a third-floor apartment.

When police arrived, they found Grant William Kidston dead in his two-bedroom apartment.

After an investigation by the HRP's major crime unit, the death was ruled a homicide yesterday afternoon with a man in custody for questioning.

But few other details have been released about Kidston's death.

"We do have a party in custody for questioning, no charges have been laid and the investigation is continuing," police spokesman Const. Brian Palmetter said. "We are looking to speak to anybody who has information on Mr. Kidston's whereabouts over the last several days."

Palmetter refused to release the cause of Kidston's death, stating it is part of the investigation. Before police had the results of the autopsy, Palmetter said there was no visible indication of how Kidston died.

"We do have a cause of death now, but we're not releasing it," he said. "It's information that may be crucial as far as speaking



A Halifax Regional Police forensic identification officer sorts through garbage yesterday afternoon as he tries to collect evidence behind the Victoria Gardens apartment building in Dartmouth. Police found 47-year-old Grant William Kidston's body in his apartment Sunday afternoon and are now treating his death as a homicide.

to possible suspects, things of that nature, so it's just not something that we're going to release."

There are four units on each of the apartment building's three floors. Yesterday, an HRP officer was

stationed on the third floor landing, preventing non-residents from going up.

One of Kidston's neighbours on the second floor, who did not wish to be identified, said they rarely

spoke to the victim, but always found him friendly and well-spoken.

"He seemed friendly," said the neighbour. "He was just a normal guy, he spoke very nice, you know, like that."

N.S. man arrested in Montreal murders

HELLS ANGELS A Nova Scotia man tied to the Halifax Hells Angels motorcycle gang has been arrested in relation to a double-homicide in Montreal.

Montreal police say Jeffrey Albert Lynds, 42, was arrested by Truro RCMP yesterday morning.

Spokeswoman Const. Anie Lemieux told Metro an arrest warrant was issued for Lynds regarding the two homicides on Jan. 24 in Montreal's Notre-Dame-de-Grâce district.

No charges have yet been laid against Lynds, who will be brought back to Montreal by investigators later this week. He will then be questioned in regards to the killings, Lemieux said.

The men killed were both gunned down.

"We still don't know the motive or if it was related to any other organized crimes," Lemieux said.

A full-patch member of the Halifax chapter of the Angels, Lynds was sentenced to three years in jail Jan. 29, 2003, after pleading guilty to offering to sell MDMA, commonly known as ecstasy, and possessing cocaine for the purposes of trafficking.

He was arrested in December 2001 after police raided the former Angels clubhouse on Dutch Village Road, along with several homes.

Lynds was released from prison six months into his sentence under an accelerated parole program.

PHILIP CROUCHER/METRO HALIFAX



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Local



Alexander Keith's joins navy celebration

Bottles of Alexander Keith's beer will recognize the Canadian navy's 100th anniversary this summer over a period of several weeks. It was announced in Halifax aboard HMCS Charlottetown yesterday that the popular beer company has produced a special set of commemorative crowns representing each of the Canadian navy's 18 vessels based on the East Coast. Each of the badges will replace the traditional stag's head on the bottles throughout the Maritimes.

METRO HALIFAX

Accused in child's death released with conditions

CRIME The man accused of killing a Kentville toddler is out of jail, but under strict conditions.

Adam William States, 26, was released on recognition following an appearance at Kentville provincial court yesterday. He was charged last week with manslaughter in the death of Antonio Pinch, who was a month shy of his third birthday.

States, who had been in custody since his arrest, is not allowed to contact Pinch's mother nor have any contact with children under the age of 13 unless cleared by the Department of Community Services.

He must stay with his parents at their home on Oakdene Avenue. It's the same street where Pinch lived with his mother.

States will be back in court on July 2 for election and/or plea.

Pinch died in his North Kentville home on May 8. Police won't release how he died but called it a sudden death.

According to his obituary, Pinch was born in Kentville to parents Julia Pinch and Antonio Browne.

The little boy "loved big trucks, cool cars and building things with Mega Blocks."

His funeral was in Kentville on May 15.

METRO HALIFAX

'Rest easy, brothers'

U.S. prisoners from War of 1812 honoured on Deadman's Island

JENNIFER TAPLIN
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American flags and flowers littered the grass on Deadman's Island yesterday.

Since 2005, military and consular officials have held a service on Memorial Day to remember 188 prisoners from the War of 1812 who were forgotten in their graves for 188 years.

A developer was looking into the site in the late 1990s when residents waved a red flag. HRM purchased the land in 2000 for a public park.

"It was, unfortunately, a burial site that was forgotten for far too long," said Anton Smith, the U.S. consulate general for Atlantic Canada.

The concentration camp on nearby Melville Island and its cemetery of unmarked graves on Deadman's Island was small and it was a confusing time, Smith explained.

"During those days, being a prisoner of war wasn't as nice as it tends to be in modern times. Disease was often a problem and sanitation was poor."

More than 100 black refugees fleeing slavery as well as Irish immigrants who were quarantined in a



Chief Petty Officer Douglas Beauregard pays his respects to the nearly 200 American prisoners of the War of 1812, who died while confined on Melville Island and are buried on nearby Deadman's Island in Halifax, during a Memorial Day ceremony yesterday.

hospital on Melville Island are also buried on Deadman's Island. The stone prison on Melville Island is now used by the Armdale Yacht Club.

Roberta Clark was at the first remembrance ceremony on Deadman's Island and while the ceremony is simpler these days, she said

it's still an important service.

"It's a wonderful thing to come to any service in honour of anyone who suffered and died far from home."

There are no grave markers on the island, just a granite and bronze monument that lists all the names of the American

POWs.

The 20 or so people who attended the ceremony yesterday were asked to scatter flowers all over the island in respect of the fallen.

"Rest easy, brothers, we have the watch," concluded Lt. Cmdr. Brad McGuire with the U.S. navy.

Pets perish in blaze at mobile home

PHILIP CROUCHER
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BEAVER BANK At least two family pets were killed in a fire yesterday morning that engulfed a mobile home in Beaver Bank.

Halifax Regional Fire and Emergency Service spokesman Capt. Dave Meldrum said no people were home when the blaze broke out around 10:30 a.m. at 156 Milo Terr. in Woodbine Trailer Court.

He said a dog and cat did die in the blaze, with another cat unaccounted for.

"There was a large amount of fire on arrival," Meldrum said. "One of the first actions the first crew did in attacking the fire itself was ... they wet down the homes around the one that was on fire to make sure it didn't spread to them."

Fire investigators arrived on scene yesterday afternoon after the blaze was extinguished.

Meldrum said it would probably take a day or two before a cause is determined.

Woman, 66, killed in fire

DEATH A tragic fire in Dutch Settlement claimed the life of a 66-year-old woman yesterday morning.

Firefighters and police got the call just before 2 a.m.

A 76-year-old man escaped the house and thought his wife had left as well.

Unfortunately, firefighters found the woman's body inside the house.

A RCMP spokesman said the fire appears to be accidental.

METRO HALIFAX

Health advocates take smoking fight online

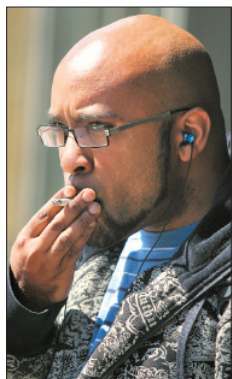
JENNIFER TAPLIN
jennifer.taplin@metronews.ca

TOBACCO Health advocates are enlisting Twitter and YouTube in their fight against smoking.

It was World No Tobacco Day yesterday and about 20 per cent of Nova Scotians are smokers. Fourteen per cent of young people between the ages of 15 and 19 are smoking in this province.

"We introduced a YouTube video contest to promote the 'never-start' message among schools in the HRM," said Jayne Norrie with the Nova Scotia Lung Association.

Students send in their videos and their friends look them up. Norrie said



Phillip Gannon smokes a cigarette as he stands on Gottingen Street yesterday.

this project, which started in March and will run again in September, has re-

sulted in thousands of hits. "It was very successful and we had some great videos coming in," Norrie said.

The number of young Nova Scotians who smoke has gone down considerably in the past decade, Norrie said.

"It's decreased by about 50 per cent. That's significant, but it's still too high," Norrie said.

Awareness and prevention programs have kicked in and kids are more knowledgeable about the dangers of smoking, she added.

"They're taught that early on now."

As part of World No Tobacco Day, the Canadian Lung Association encouraged people to send out e-

cards to announce their decision to quit or invite people to quit together. Their research shows people are more likely to quit if their friends are doing it too.

That's why social networking sites like Facebook and Twitter are so useful in this campaign, Norrie said.

People who are quitting can now add a "qwitter twibbon" logo to their Twitter profile to show off their efforts.

A study published in the New England Journal of Medicine found if one friend quits, the likelihood another friend will quit is 43 per cent. If one spouse quits smoking, the other spouse has a two-thirds likelihood of quitting as well.

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Man killed in fall from boat identified

Police have released the name of a 50-year-old man killed in a boating accident over the weekend. John Richard Royles fell from a boat Saturday in the Quarry Island area near Merigomish. Bystanders had brought the man to shore, but he was pronounced dead at the scene. **THE CANADIAN PRESS**

Shots fired at residence

Police seeking multiple suspects in early-morning attack

ALEX BOUTILIER
for Metro Halifax

Police are looking for multiple suspects after an Eastern Passage home was shot up early yesterday morning.

A 911 call made just after 4 a.m. yesterday tipped RCMP off to an altercation at 1874 Caldwell Rd.

During the struggle, police say several shots were fired inside the residence. It is not believed anyone was hurt.

The suspects had fled the scene in a vehicle before police showed up.

"We believe there was more than one suspect at the residence," said Cpl. Joe Taplin, spokesman for the Halifax RCMP.

Taplin would not release the number of occupants in the residence, but confirmed there was more than one.

A forensic team was dispatched to the residence early yesterday morning to gather evidence. The team was still on scene well into the afternoon. Taplin assumed it would take them the majority of the day to go through the residence.

A picture window in the front of the small, light brown home was shattered. Police believe the suspects may have broken the window to gain entrance.

On Jan. 29, police were also called to a residence on Caldwell Road after receiving reports of an attempted robbery. Three men brandishing handguns entered a home and attempted to rob the victim, a 39-year old man.

Three men were each charged with multiple



An RCMP officer walks past the broken front window of a Caldwell Road home in Eastern Passage yesterday. Police believe a shooter broke in to the home through the window and fired a gun several times inside the house. No one was hurt in the incident.

firearm offences in relation to the incident.

Taplin wouldn't say whether the residence shot at yesterday was the same residence targeted in the January robbery.

But Metro has learned the house where the shooting happened belongs to a 39-year-old Troy Mills.

Mills is reportedly due in

3 Yesterday's gun fire marks the third shooting in HRM since late Thursday evening. The other recent shootings took place in Dartmouth.

court next month to face weapon and drug charges in relation to an incident that took place last No-

vember.

Taplin did confirm, however, police do not believe the incident was a random occurrence.

"We believe the individuals who went into that residence, knew the residents," he said. "The individuals that were going to that residence were going there for a reason."

New cyclists' coalition pushing Nova Scotia to fund bikeways

TRANSIT A brand-new coalition wants provincial funding earmarked for bikeways.

The Nova Scotia Bikeways Coalition, which was launched during a bicycle summit in Annapolis Valley in May, wants bicycling to be more accessible in Nova Scotia.

"Already 50 per cent of Nova Scotians have bicycles, with fully 90 per cent of youth owning bicycles so clearly we have the constituency who would use bikeways," said coalition chair Scott MacPhee in a release.

The coalition wants specific funding for rails, bike

lanes, and shared routes throughout the province.

"In other jurisdictions, bikeways have been found to have significant economic benefits as well. Quebec has created more than 2,000 jobs with its 4,200 kilometres of bikeways, from bike shops to increased local spending and tourism," said Friedemann Brauer, a Bicycle Nova Scotia board member.

The coalition is made up of a number of recreational cycling clubs, bicycle-related businesses as well as the Heart and Stroke Foundation, the Ecology Action Centre, and others.

JENNIFER TAPLIN/METRO HALIFAX

Jazz flight attendants vote to strike

LABOUR Jazz Air flight attendants have voted in favour of a strike to back talks for a new contract to improve their salaries and working conditions.

The Canadian Flight Attendants Union said yesterday the cabin crew for the regional airline of Air Canada could go on strike or be locked out as early as June 16.

"Some Jazz

people who are responsible for passenger safety on board our aircraft," Kalmar said in a statement.

Jazz pilots have voted to strike as early as June 13, potentially affecting travellers' summer vacation plans. Negotiations with the help of a federal mediator are set to resume with the pilots tomorrow.

flight attendants are trying to make a living on \$22,000 a year," said spokeswoman Jennifer Kalmar, the union's western vice-president.

"That's completely unacceptable, especially for

The Canadian Flight Attendants Union said its members expect to make gains, saying Jazz can now afford to improve wages and working conditions.

THE CANADIAN PRESS

News in brief

MACE Halifax Regional Police say they arrested a 20-year-old Dartmouth man last week for having a can of mace on him. Police say they stopped the man on Albro Lake Road in Dartmouth, and after conduct-

ing a search, they found a can of mace, a prohibited weapon, in his possession. The man was held in custody until he appeared in Dartmouth provincial court yesterday.

METRO HALIFAX



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Candidates throw hats in ring for upcoming byelections
Charles Crosby will represent the Conservatives in the Yarmouth provincial byelection. Crosby won the candidacy at a contested nomination meeting on Saturday. Also over the weekend, Atlantica Party Leader Jonathan Dean announced he is running in the Yarmouth byelection scheduled for June 22. **METRO HALIFAX**

Crosby the K-9 treks to Sid the Kid's alma mater

Cole Harbour elementary students pick winning name for one of 10 RCMP pups in contest



Students at Colby Village Elementary School meet Crosby, a new RCMP dog, at the Cole Harbour school yesterday. Grade 6 students in Graham Pierce's class submitted the name Crosby as part of a national Name the Puppies contest held by the RCMP.

ALEX BOUTILLIER
for Metro Halifax

Students at Sidney Crosby's former elementary school were very excited when they heard Crosby was coming by for a visit yesterday.

They were even more excited when they got to pet him.

Crosby, the RCMP's newest K-9 officer, came by to visit students at the Colby Village Elementary School in Cole Harbour yesterday morning.

The young German Shepherd was named after the Pittsburgh Penguins captain and Cole Harbour hero by Grade 6 students at the school, who entered a countrywide contest to give the newest batch of police dogs names.

When the dog came by to thank the students for his name, the sound of aww's — from students and adults alike — was deafening.

Grade 6 teacher Graham Pierce said when the students submitted the name

"(We) didn't expect to win, because there were almost 10,000 names submitted across Canada. I told them the probability of being chosen was very small, but we were."

Graham Pierce, Grade 6 teacher

in March, they didn't expect to win.

"(We) didn't expect to win, because there were almost 10,000 names submitted across Canada," said Pierce. "I told them the probability of being chosen was very small, but we were."

The rules of the contest stated all submissions had to begin with the letter "C." According to Pierce, students were somewhat torn between submitting "Colby" and "Crosby."

Pierce said after a discussion of the role of the police dogs, however, his students unanimously agreed "Cros-

by" would be the more suitable name.

At the assembly, Sydney Carroll, 12, read her class' submission — one of a record 9,125 names suggested for the 10 new pups in the RCMP's "Depot" division.

"It's really cool, 'cause a lot of people in my class really love animals and dogs," she said as her classmates played with the puppy. "When Mr. Pierce told us and we got to name the puppy, we all got really excited and started talking to each other and jumping around."

There are currently 135 multi-purpose operational dog teams working in Canada, along with 24 specialty dogs that detect narcotics or explosives.



Sidney Crosby

Dr. McArthur-Blair retires from presidency of community college

EDUCATION The Nova Scotia Community College is looking for a new president.

The school's board of governors announced yesterday that Dr. Joan McArthur-Blair, who held the position of president for five years, was retiring effectively immediately.

"Dr. McArthur-Blair's reasons for retirement are of a personal nature," board chair Sandra Greer said in a release. "We re-



Dr. Joan McArthur-Blair

spect her privacy in that regard and urge others to do the same. We wish her

well in retirement."

Don Bureaux has been appointed acting president by the board. Bureaux has been with NSCC for two years, most recently as vice-president, academic.

"Don Bureaux is an accomplished educator and leader with a deep passion for the mission and values of the college," Greer said.

A search for a new president has already been launched and could take up to a year. **METRO HALIFAX**

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Health Canada is set to release its long-awaited strategy to reduce sodium in Canadian diets in July. The report from the Sodium Working Group, convened in October 2007, will recommend structured voluntary guidelines for industry to reduce the amount of salt they put in processed foods. **TORSTAR NEWS SERVICE**

Canada/World

Ottawa shies from raid slam

The Canadian government refused to join an international chorus of condemnation of a botched Israeli raid on a humanitarian aid flotilla outside territorial waters that left at least nine dead and many more injured.

Amidst a diplomatic crisis that erupted around the world, Canada and the U.S. — two of Israel's staunchest Western allies — appeared to co-ordinate a message that expressed regret over the lost lives but did not denounce the military pre-dawn action that took place in international waters.

Israel's Prime Minister Benjamin Netanyahu says soldiers who boarded a ship bringing supplies to the blockaded Gaza strip were only defending themselves.

He says the Israeli soldiers were mobbed as they

boarded one of six ships in an aid flotilla.

Netanyahu, who cut short his scheduled visits to Ottawa and Washington to deal with the crisis, said the soldiers had no choice but to defend their lives. "They deliberately



Benjamin Netanyahu

attacked the first soldiers who came on the ship. ... Our soldiers had to defend themselves, defend their lives, or they would have been killed."

Earlier in the day, Netanyahu met with Prime Minister Stephen Harper in Ottawa.

"Canada deeply regrets this action, the loss of life and the injuries that have occurred," Harper said. "Obviously we'll be look-

ing in the days that follow to get all the information we can get to find out what has transpired here," he told Netanyahu in front of cameras.

Yesterday afternoon, President Barack Obama spoke by phone to Harper about "the current situation in the Middle East," along with G8/G20 issues, said Harper aide Dimitri Soudas in a brief advisory to reporters. Statements from White House aides mirrored Harper's, saying Obama had "expressed the importance of learning all the facts and circumstances" surrounding the incident.

The NDP and Bloc Québécois joined a number of international leaders, and countries, calling for an independent international investigation into the incident.

THE CANADIAN PRESS

Mulroney's actions deemed 'inappropriate'

INQUIRY A damning report by a public inquiry into the dodgy dealings between Brian Mulroney and Karlheinz Schreiber concludes their financial relationship was "inappropriate." The inquiry, led by Justice Jeffrey O'Leary, also says the former prime minister's failure to disclose his dealings with the shady German-Canadian businessman was inappropriate.

And, O'Leary says, it's clear Mulroney did his best to hide the fact that a relationship existed at all. He accepted payments in cash. He drafted no formal agreement. He issued no invoices and he squirreled the money away in a safe and a safety deposit box for years.

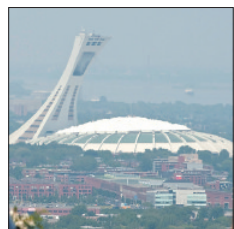
While yesterday's report finds that Mulroney didn't strike a formal deal with Schreiber while he was prime minister, he did reach an agreement and

accepted cash while he was a sitting MP.

"The conduct exhibited by Mr. Mulroney ... goes a long way, in my view, to supporting my position that the financial dealings between Mr. Schreiber and Mr. Mulroney were inappropriate," O'Leary said.

The report is unlikely to provide much satisfaction for long-suffering taxpayers who have shelled out \$14.1 million for the commission of inquiry and another \$1.8 million to cover Mulroney's legal fees. O'Leary was precluded from making any findings of criminal or civil liability.

THE CANADIAN PRESS



Montreal's Olympic Stadium was covered in a dull haze yesterday.

Smoky haze falls over parts of Canada, U.S.

FIRES An acrid haze drifted over vast pockets of central Canada and deep into the United States as the smoke from forest fires in Quebec made a journey of close to 1,000 kilometres.

In Montreal, Quebec City, and Ottawa, people reported the presence of heavy clouds and burning odours for several hours yesterday.

There were even reports in the U.S. from the National Weather Service of smoke rippling across New England, with a strong smell in Vermont, New Hampshire, Maine, and as far as Cape Cod, Massachusetts.

THE CANADIAN PRESS



A protester shouts anti-Israeli slogans in front of a Palestinian flag during a rally in Cairo yesterday.

Commando raid kills nine

MIDDLE EAST Israeli naval commandos stormed a flotilla of ships carrying aid and hundreds of pro-Palestinian activists to the blockaded Gaza Strip yesterday, killing nine passengers in a botched raid that provoked international outrage and a diplomatic crisis.

Dozens of activists and six Israeli soldiers were wounded in the bloody pre-dawn confrontation in international waters. The violent takeover dealt yet another blow to Israel's international image, already tarnished by war crimes accusations in Gaza and its three-year-old blockade of the impoverished Palestinian territory.

Prime Minister Benjamin Netanyahu cancelled a much-anticipated

Loved ones fear for Canadian man

Friends of a Victoria, B.C., man who was aboard one of the ships were anxiously waiting to hear from him. Kevin Neish, 53, is a retired marine engineer who had joined the Free Gaza Movement and was aboard the ship Challenger II, one of six vessels on an aid mission to carry humanitarian relief to the blockaded Gaza Strip. "We have had no word from Kevin, we don't know if he is all right," his friend Zoe Blunt told The Canadian Press.

THE CANADIAN PRESS

meeting with President Barack Obama in Washington today in a sign of just how gravely Israel viewed the uproar. President Barack Obama voiced "deep regret" over the raid and "expressed the importance of learning all the facts and circumstances" surrounding the incident.

The activists were headed to Gaza to draw attention to the blockade,

which Israel and Egypt imposed after the militant Hamas group seized the territory of 1.5 million Palestinians in 2007.

There were conflicting accounts of what happened early yesterday, with activists claiming the Israelis opened fire without provocation and Israel insisting its forces fired in self-defence.

THE ASSOCIATED PRESS

'We need water, food, clothes, blankets..'

STORM Flooding and landslides from the season's first tropical storm have killed at least 144 people and left thousands homeless in Central America, officials said yesterday.

Dozens of people are still missing and emergency crews are struggling to reach isolated communities cut off by washed-out roads and collapsed bridges caused by Tropical Storm Agatha.

The sun emerged yesterday in hardest-hit Guatemala, where officials reported 120 dead and at least 53 missing. In the de-

partment of Chimaltenango — a province west of Guatemala City — landslides buried dozens of rural Indian communities and killed at least 60 people, Gov. Erick de Leon said.

"The department has collapsed," de Leon said. "There are a lot of dead people. The roads are blocked. The shelters are overflowing. We need water, food, clothes, blankets — but above all, money."

In all some 110,000 people were evacuated in Guatemala.

THE ASSOCIATED PRESS

News in brief

OIL SPILL Independent scientists and government officials say there's a disaster we can't see in the Gulf of Mexico's mysterious depths, the ruin of a world inhabited by enormous sperm whales and tiny, invisible plankton. Researchers have said they have found at least two massive underwater plumes of what appears to be oil, each hundreds of feet deep and stretching for miles, and that the impact could ripple across the food chain. Yet the chief executive of BP PLC — which has for weeks downplayed everything from the amount of oil spewing into the Gulf to the environmental impact — said there is "no evidence" that huge amounts of oil are suspended undersea.

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Canada to G20 finance ministers: "Drop the bank tax talk already!"

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AIR CANADA VACATIONS

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+Taxes & other fees
(including service charges): \$287

ORLANDO via Montreal

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Double rm.
June 11 • 1 wk.

\$639

+Taxes & other fees
(including service charges): \$130

COSTA RICA

Liberia via Toronto
Occidental
Grand Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.
June 5, 12 & 19 • 1 wk.

\$799

+Taxes & other fees
(including service charges): \$223

CUBA

Cayo Coco/Cayo Guillermo
via Toronto

TRYP Cayo Coco • 4 ★
All-Inclusive • Standard rm.
June 5 - 19 • 1 wk.

\$499

+Taxes & other fees
(including service charges): \$242

Varadero via Toronto

Sirenis La Salina
Varadero • 4 ★
All-Inclusive • Standard rm.
June 5 - 20 • 1 wk.

\$549

+Taxes & other fees
(including service charges): \$242

DOMINICAN REPUBLIC

Samana via Toronto

Grand Paradise Samana • 4 ★
All-Inclusive
Superior garden view rm.
June 6, 13 & 20 • 1 wk.

\$499

+Taxes & other fees
(including service charges): \$325

Punta Cana via Toronto

Occidental
Grand Punta Cana • 4 ★
All-Inclusive • Junior suite
June 6 - 19 • 1 wk.

\$639

+Taxes & other fees
(including service charges): \$325

TURKS & CAICOS via Toronto

Royal West Indies
Resort • 4 ★
Studio botanical view
June 20 & 27 • 1 wk.

\$1049

+Taxes & other fees
(including service charges): \$260

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Breakfast daily • Standard rm. special
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FREE Hop-on / Hop-off tour

\$1429 +Taxes & other fees
(including service charges): \$402

Air, Hotel & City Tour

PARIS via Montreal or Toronto

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(including service charges): \$440

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Comment & Views

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Comment

Mulroney still standing

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

Brian Mulroney's reputation took a further blow yesterday with the release of the Oliphant Commission report. He was hoping for a slap on the wrist. Instead he got a whack across the jaw. But there was no knockout.

Everyone already knew the former prime minister had acted inappropriately in accepting cash payments from wheeler-dealer Karlheinz Schreiber. Mulroney has already admitted this and conceded it was a serious error of judgment.

But what we wanted to know and what we didn't find out is why the secret payments were made. Until that mystery is solved — and it likely never will be — this case is unsolved. The extent of Mulroney's transgression, his degree

of culpability, cannot be answered.

Mulroney had testified that he took the cash to lobby international leaders for the sale of light-armoured vehicles on behalf of Schreiber's clients. But the Oliphant report drove holes through that theory as it did some of the other Mulroney testimony on the case.

One of the most devastating parts of the report concerned Mulroney's statements regarding his relationship with Schreiber in 1996 legal proceedings on a related controversy.

Justice Jeffrey Oliphant cast doubt on the integrity of the testimony, and added that Mulroney's later attempts to justify what he said were "patently absurd."

Justice Oliphant's findings on that testimony could be interpreted as an allegation of perjury. The report also found that Mulroney had violated his own government's code of ethics in his business dealings with Schreiber.

What now? Yesterday's report will likely be the end of it. No major new revelations on the story are likely to be found. Journalists have been

tracking it for two decades. The RCMP investigated the related Airbus matter for several

years. And this commission took its turn and the questions remain.

One of the strange things was that Mulroney himself encouraged Stephen Harper to call this probe. That's something a guilty man would not readily have done. He likely felt that, as was the case with the Airbus inquiry, he would be vindicated.

Yesterday's report was by no means vindication. But after a few days of bad headlines, Mulroney will be able to finally move on. He may in fact be guilty of worse transgressions than have been revealed. But to a certain extent, justice has been done.

It's about reputation. Mulroney cares about reputation as much as anyone else, even more so. For years, his reputation has suffered on account of his Schreiber dealings, serving to diminish his accomplishments as prime minister. This shadow on his legacy is warranted. But the shadow is not the substance.



Brian
Mulroney

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Worth mentioning

UN, groups pressure nations on climate cash

A new round of climate negotiations kicked off in Germany yesterday with squabbling over money and procedural questions that could threaten progress at the two-week UN conference.

UN climate chief Yvo de Boer and activists from groups including Oxfam, Greenpeace, and WWF pressured industrial nations to live up to their promises of financial aid to poor countries as about 4,500 participants from 182 countries gathered in Bonn.

Concrete financial contributions must "show that developed countries are ready to deliver what they

promised five months ago in Copenhagen," de Boer told reporters, referring to the disappointing climate summit in the Danish capital in December.

Industrial nations at Copenhagen pledged \$30 billion in aid from 2010-12 to help poorer nations start environmentally friendly development programs and adapt to the worst consequences of climate change.

However, de Boer and non-governmental organizations say developing na-

tions remain skeptical if the money will come through and if it is additional or simply relabelled funds already pledged for other purposes.

"The finance part has not been solved," Greenpeace expert Wendel Trio told The Associated Press.

Oxfam said it is becoming clear that rich nations want to hand out much of the money as loans instead of grants, saddling developing nations with new debts for a problem largely caused by

industrial countries.

"It's like crashing your neighbour's car and then offering a loan to cover the damages," Oxfam's Antonio Hill said in a statement.

The European Union tried to dispel such doubts, stressing that the \$3 billion US per year it promised in Copenhagen have been confirmed by finance ministers, and about 70 per cent will be handed out as grants.

"This is fresh money in any case — we are not recycling money," Spanish climate change official Alicia Montalvo said on behalf of the EU presidency.

THE ASSOCIATED PRESS

"It's like crashing your neighbour's car and then offering a loan to cover the damages."
Antonio Hill, Oxfam

CLARITY ON
MULRONEY'S
DEALINGS
BEFORE:

CLARITY ON
MULRONEY'S
DEALINGS
NOW:



Noteworthy

Kiss woman's mouth-shaped urinal goodbye in Ontario

A urinal shaped like a woman's wide-open mouth has been flushed out of the men's room of a Hamilton eatery following a nearly year-long public outcry.

The glossy, red-lipped loo at The Honest Lawyer restaurant sparked a letter writing campaign that attracted almost 1,100 people, including Ontario's NDP leader and Hamilton's mayor.

Some people argued the "Kisses! urinal" — manufactured by Bathroom Mania! in the Netherlands — was art or just a joke.

The Woman Abuse Working Group, a coalition of 24 organizations, disagreed and led efforts to



THE CANADIAN PRESS/PHOTO

oust what it considered to be an offensive water closet.

Lenore Lukasiuk-Foss, chairwoman of the group, said yesterday she's "shocked, excited and thrilled" that it's gone.

"It's not a joke to pee into a woman's mouth," she said.

THE CANADIAN PRESS

Quote of the Day

"Simply put, Mr. Mulroney, in his business and financial dealings with Mr. Schreiber, failed to live up to the standard of conduct that he had himself adopted in the 1985 ethics code."

— JUSTICE JEFFREY OLIPHANT IN HIS REPORT ABOUT BRIAN MULRONEY'S FAILURE TO DISCLOSE HIS DEALINGS WITH GERMAN-CANADIAN KARLHEINZ SCHREIBER.
THE CANADIAN PRESS

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Woman blames Google Maps for car accident

A Utah woman is suing Google, claiming its maps function gave her walking directions that led her onto a major highway, where she was struck by a car. The lawsuit seeks more than \$100,000 in damages. **TORSTAR NEWS SERVICE**

9

Business

DOLLAR	GAS	OIL	TSX
 US 95.83¢ US 0.77¢	 US \$4.357 US 1.6¢	N.Y. market closed	 11,762.99 91.54

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

BoC under pressure to raise rates

ECONOMY The Canadian economy jumped ahead of even the rosy estimates of economists to post an oversized 6.1 per cent annualized advance during the first three months of 2010.

It was the largest quarterly expansion in more than a decade. The number doubled what the U.S. economy produced and bettered the forecast for a 5.8 per cent increase.

As significant was that output in March, the last month of the quarter, advanced 0.6 per cent from February.

With the Bank of Canada scheduled to make a decision on interest rates this morning, the gross domestic product data was expected to add to the pressure on governor Mark Carney to move rates higher for the first time in about three years.

THE CANADIAN PRESS

Apple iPad's competition?

Taiwan's AsusTek Computer Inc. unveiled yesterday a portable tablet computer that runs on Microsoft's Windows 7 operating system, joining a slew of manufacturers trying to tap demand for the sleek devices following Apple's launch of the iPad.

Acer Inc., the world's second largest PC vendor, unveiled last week a seven-inch touchscreen tablet that like many other coming models runs on Android, the operating system that Google is distributing for free for mobile devices.

AsusTek's touchscreen tablet, with the name of Eee Pad, comes in 10- and 12-inch sizes and is set to go on sale in the first quarter of 2011.



A model displays the AsusTek Eee Tablet computer.

AsusTek also unveiled an e-notepad that serves as an electronic-reader and note-taking device.

THE ASSOCIATED PRESS



Europe's debt crisis exposes deep rifts that could tear the EU apart.

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Your Money

Dating on a dime this summer

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

Summer is the best time to ramp up your social life. Why? Because the now accessible great outdoors allows you to date on a dime without feeling guilty about being a tightwad.

A romantic candle-light dinner with cocktails and wine in the city can easily set you back \$200. But the romance factor increases logarithmically when you set the table yourself under the stars. Cold roasted chicken, veggies and dip, a french bread stick and a bottle of wine tastes like it cost a million bucks with the constellations overhead.

Here are a few date-on-a-dime picnic tips:

- Scout your location first. Not every-

ner with cocktails and wine in the city can easily set you back \$200. But the romance factor increases logarithmically when you set the table yourself under the stars. Cold roasted chicken, veggies and dip, a french bread stick and a bottle of wine tastes like it cost a million bucks with the constellations overhead.

one's knees and rump are made for an evening on the ground. Many parks have picnic tables but also look for cover in case of rain.

• If you are pressed for time buy a grocery store roasted chicken and cut it up, the cost isn't much different than cooking a bird from scratch.

• Buy plastic plates and glasses rather than disposable and you can reuse them for years.

• Candles with lids will last through many dinners. Another option is a collapsible or telescoping camping lantern.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.



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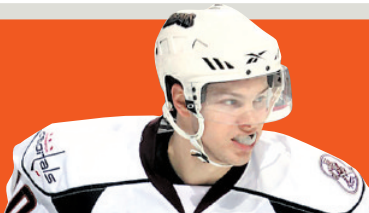


Did you know?

Metro Halifax reaches 182,900 readers over the course of 5 days. That's a lot of eyeballs!

Dartmouth pitcher Matt McDonald yielded just two runs on two hits while striking out three in his pro debut with the Can-Am Baseball League's Worcester (Mass.) Tornadoes on Sunday. The Tornadoes won 6-5 over Brockton. **METRO HALIFAX**

Sports



Gordon set for return

The defending champion Hershey Bears open the American Hockey League's Calder Cup final tonight against the Texas Stars. Bears sniper Andrew Gordon of Porters Lake, pictured, is scheduled to return from a lower-body injury. Bedford's Andrew Joudrey will also be in the lineup. **METRO HALIFAX**

EDITOR: DON.MCHOULL@METRONEWS.CA

Fitting in no problem for O'Brien

Whether it's on ice or in a new city, hard-working winger able to adapt

MATTHEW WUEST
matthew.wuest@metronews.ca

If Liam O'Brien has to move to a new city after being drafted on Saturday, it won't be the daunting challenge it is for some teenage hockey stars.

Growing up, the 15-year-old Halifax native moved around — a lot — and had no choice but to learn how to fit in to new surroundings while attending 11 different schools over the past 10 years.

His father, Shawn, works in the financial services industry and needed to relocate his family of six for career reasons.

"I've definitely been around," said Liam O'Brien, listing his stops in Halifax, Dartmouth, Saint John, N.B., Montreal, Toronto and Wilcox, Sask.

"It was tough, but I just kind of got used to it. I seem to make friends quicker now and overall it's helped me."

It's no surprise, then,

Nova Scotia's No. 1

• Liam O'Brien (ranked seventh) and fellow Halifax native Taylor Burke (ranked sixth) are battling to be the top Nova Scotian picked in Saturday's QMJHL draft. Following is a list of past top Nova Scotian selections (overall pick in parentheses):
2009 — G Jordan Kennedy, Lewiston (27)
2008 — F Ben Duffy, P.E.I. (5)
2007 — F Steven Anthony, Saint John (10)
2006 — F Ashton Bernard, Rouyn-Noranda (29)
2005 — D Alex Grant, Saint John (1)
2004 — F James Sheppard,

Cape Breton (1)
2003 — F Sidney Crosby, Rimouski (1)
2002 — F Jared Vokey, Cape Breton (12)
2001 — F Stephen Dixon, Cape Breton (6)
2000 — F Colin Nicholson, Cape Breton (20)
1999 — D Brent MacLellan, Rimouski (2)
1998 — D Andrew Carver, Hull (11)
1997 — F Trevor Ettinger, Cape Breton (14)
1996 — F Ryan Lauzon, Hull (27)
1995 — F Andrew Gilby, Halifax (18)

that O'Brien — ranked seventh overall for the QMJHL draft in Drummondville, Que. — is one of those players who can fit in wherever you throw him in a hockey lineup.

He's a solid two-way player who plays a physical game, but his work ethic is what rates at the top of the draft.

"His work ethic is just unbelievable," said Cen-

tral Scouting's Patrick Charbonneau. "He's working, working, working every shift and you can use him in any situation."

The six-foot-one, 185-pound winger moved to Saskatchewan last year to play midget for the Notre Dame Hounds and scored 13 goals and 15 assists for 38 points in 41 games, including the game-winner in the Telus Cup final.

"Before I go to bed, I think, 'Wow, I scored the game-winner,'" O'Brien said. "It's something you'll never forget."

O'Brien, who is bilingual and played atom and bantam with the Halifax Hawks, is still considering NCAA as an option and could attend North Dakota if the team that drafts him doesn't meet his approval.

Wherever he ends up, expect him to fit in — and don't expect him to stop working.

"I just love hockey," he said.

"I've been working hard since I was three years old and I'm in the gym every day. It's my goal (to be a hockey player) and if you're gonna achieve something, you might as well work hard at it."

Matthew Wuest will be covering the draft in Drummondville, Que. For his coverage, visit our Q Files blog at www.metronews.ca/qfiles or follow @metroqfiles on Twitter.



Halifax's Liam O'Brien, shown last season with the Saskatchewan-based Notre Dame Hounds, is ranked as the seventh-best prospect for Saturday's QMJHL draft.

Sports in brief

DEATH The man many consider the dean of Maritime harness racing died last Friday following a lengthy illness. Doug Harkness, 71, was the longtime editor of Atlantic Post Calls newspaper, based in Amherst, and served as a harness racing columnist for a number of Maritime newspapers.

AMHERST DAILY NEWS
QMJHL The Gatineau Olympiques are bringing back Benoit Groulx as head coach and general manager. Groulx, who led the Olympiques to three QMJHL titles in six years, spent the last two years as head coach of the American Hockey League's Rochester Americans. **METRO HALIFAX**

Rocket expected to acquire Nestrasil, McIsaac from Tigres

QMJHL Let the trades begin. The P.E.I. Rocket is one of the teams expected to break the ice on Friday morning when the first QMJHL trade period of 2010-11 opens in Drummondville, Que.

The Rocket will acquire high-scoring forwards Andrej Nestrasil and Travis McIsaac from the Victoriaville Tigres at the draft in Drummondville, Que., a source told Metro Halifax yesterday.

Nestrail and McIsaac are part of a compensation package for a December trade that sent Joel Champagne and Chris Doyle to Victoriaville.

Nestrail, a Czech Republic native entering his 19-year-old season, piled up 51 points in 50 games while battling a groin injury in the second half. McIsaac, a native of Uig, P.E.I., entering his over-age season, had 57 points in 68 games.

MATTHEW WUEST/METRO HALIFAX

Halifax's Cave to fight in hometown

BOXING Halifax's Tyson Cave will be back in the ring in his hometown on June 12.

Cave, who is 10-1 with one knockout and coming off his first loss as a professional on April 8, will face Antwan Robertson (6-2-1, two knockouts) at

Palookas Boxing Club.

The featherweight southpaw suffered his first career loss against Ireland's Willie Casey in Toronto.

The June 12 card features three pro fights and seven amateurs. Doors open at 6:30 p.m. **METRO HALIFAX**



Tyson Cave

First-round bonanza for Nova Scotia?

MATTHEW WUEST
matthew.wuest@metronews.ca

HOCKEY Nova Scotia appears poised to bounce back from a down year at the QMJHL draft.

After only one Bluenoser went in the first three rounds last year in Moncton, the province could be celebrating a first-round bonanza after the annual event in Drummondville, Que., on Saturday.

Central Scouting ranks four Nova Scotians in the first round, led by sixth-ranked Halifax native Taylor Burke, a forward with the Cole Harbour major midgets.

Three are in the top 10 and at least two could sneak into the top five. Nine are ranked in the top three rounds.

"This year, it's obvious there will be more Nova Scotians in the mix, especially in the first few

Numbers

• Nova Scotians selected in the QMJHL draft.

2009 — 19
2008 — 21
2007 — 24
2006 — 28
2005 — 32
2004 — 23
2003 — 24
2002 — 20
2001 — 19
2000 — 20
1999 — 20
1998 — 22
1997 — 23
1996 — 20
1995 — 27

rounds, than there were last year," said Mooseheads chief Atlantic scout Allie MacDonald.

"It comes in cycles."

Since the province's natural hat trick of No. 1 overall picks — Sidney Crosby, James Sheppard and Alex Grant from 2003 to 2005 — only Ben Duffy

(fifth in 2008 to the P.E.I. Rocket) has cracked the top 10.

Nova Scotia also tied a record low last year with just 19 players selected. The mark was first set in 2001.

The record for most Bluenosers picked is 32 set in 2005.

"It comes and goes," said Mooseheads general manager Cam Russell.

"Some years, you have a group of good guys, other years, you have a thin crop. This is just one of those years you have some good hockey players out there."

Russell said the draft is fairly deep in talent overall — not just in Nova Scotia — which is a good thing because the Mooseheads have four picks between Nos. 19 and 37.

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Raptors hire Carlesimo

The Toronto Raptors are adding P.J. Carlesimo to their coaching staff. Carlesimo, who was most recently the head coach of the Oklahoma City Thunder, will be an assistant to Jay Triano, a team source confirmed yesterday. **THE ASSOCIATED PRESS**

Hawks take command

Blackhawks edge Flyers to take 2-0 lead in Cup finals

(Chicago leads series 2-0)

Flyers 1 Blackhawks 2



Marian Hossa and Ben Eager scored 28 seconds apart late in the second period and Antti Niemi had 32 saves as the Chicago Blackhawks beat the Philadelphia Flyers 2-1 last night to take a 2-0 lead in the Stanley Cup final.

After a wild scoring display when Chicago won the opener 6-5, Game 2 featured tightened-up defences with goalies Niemi and Michael Leighton of the Flyers stepping up.

"Antti's been great all year and all playoffs and he really held us in there at the end," said Eager. "They had some opportunities but Antti was there to shut them down."

Then the Blackhawks struck quickly, not once but twice, to send the United Center into a frenzy.

"I have that in my game," Eager said of his snapshot from the right side that beat Leighton off the rush. "I've been shooting the puck well in practice. I got a piece of that and a bounce and I'll take it."

Chicago has won seven straight playoff games and



Jonathan Toews (19) of the Chicago Blackhawks moves the puck ahead of Chris Pronger of the Philadelphia Flyers in the first period of Game 2 of the Stanley Cup finals last night at the United Center in Chicago, Illinois.

10 of 11 to move within two victories of its first Stanley Cup since 1961.

The Flyers, who are in the final because of their ability to come from behind as they did in erasing a 3-0 deficit against Boston, got right back in the game when Simon Gagne scored as a power play was about to elapse at 5:20 of the final period.

But Niemi fought off a late flurry — 14 of his saves came in the final period when Philadelphia

had a 15-4 shots advantage.

Games 3 and 4 will be played in Philadelphia on Wednesday and Friday.

The Flyers' Daniel Carcillo was back after being held out the past three games, on the first line alongside Michael Richards and Jeff Carter. It didn't take long for things to heat up.

Carcillo tried to run into Chicago's Tomas Kopecky but wound up flattening Carter instead, to the fans'

delight. The cameras caught Carcillo yelling at the Blackhawks' bench a few minutes later and he wound up with an unsportsmanlike penalty late in the period.

Carter and Jonathan Toews also had a heated exchange with just under three minutes left in the first, after Toews tried to knock in a loose puck.

He wound up swatting Leighton in the back of the leg with his stick.

THE ASSOCIATED PRESS

Pierce excited to return to his hometown for finals

NBA Paul Pierce is excited to return to the NBA finals and his hometown for the next round in the league's greatest rivalry.

Boston's best player isn't exactly thrilled that Los Angeles' welcoming committee includes Ron Artest, a physical, tenacious defender.

"He likes to bang you," Pierce said yesterday, "grab you, hold you, pull your shorts down. He's going to try anything."

The NBA's past two champions will go for another title beginning Thursday night when the Celtics face the Lakers in front of an array of Hollywood stars and, very likely, a large number of Pierce's friends and family who will root against their local team.

Boston's captain cherishes that support, though it comes with a price.

"It's always special just to be a part of the finals," he said a few hours before the Celtics boarded a plane for their cross-country trip. "To do it in a place where I grew up, it makes it even more special. The only negative thing about it is tickets for me. I mean, it's going to be pretty expensive."

That was a small inconvenience two years ago when Pierce won his first NBA title in 10 seasons as the Celtics beat the Lakers in six games. Boston clinched it with a 131-92 win at home for its ninth championship in 11 finals matchups with the Lakers.

But Artest didn't join the Lakers until last July.

"I matched up with him the last 10, 11 years. He's one of the best defenders I've ever played against," Pierce said of Artest.

THE ASSOCIATED PRESS

Sports in brief

BASEBALL Ubaldo Jimenez pitched a four-hitter to become the majors' first 10-game winner this year, outpitching Tim Lincecum to lead the Colorado Rockies past the San Francisco Giants 4-0 in yesterday's highly anticipated Memorial Day matchup. Clint Barmes hit a two-run single in the second inning that held up for Jimenez (10-1), who struck out nine, lowered his big league-best ERA to 0.78 and extended his career-best scoreless innings streak to 26.

BASEBALL Here's a chance to buy tickets to a guaranteed perfect game — the one Roy Halladay already threw. The Florida Marlins will begin selling today unused tickets to the

game in which the Philadelphia Phillies ace pitched the 20th perfect game in major league history, a 1-0 victory over the Marlins on Saturday. All tickets will be regularly priced.

ADIDAS Adidas has hit back at criticism that the World Cup ball is difficult to control and a nightmare for goalkeepers by saying it was widely tested and approved long ago. Company spokesman Thomas van Schaik said yesterday he was surprised to hear the criticisms, made by top goalkeepers such as Spain's Iker Casillas and Brazil's Julio Cesar, because the balls had been used for months without any complaints.

THE ASSOCIATED PRESS

SCOREBOARD

BASEBALL

YESTERDAY'S AL RESULTS

Toronto 3 Tampa Bay 2
L.A. Angels 7 Kansas City 1
N.Y. Yankees 11 Cleveland 2
Oakland 4 Detroit 1
Minnesota at Seattle

YESTERDAY'S NL RESULTS

Atlanta 9 Philadelphia 3
Colorado 4 San Francisco 0

Florida 13 Milwaukee 5
Pittsburgh 2 Chicago Cubs 1
St. Louis 12 Cincinnati 4
Washington 14 Houston 4
Arizona at L.A. Dodgers
N.Y. Mets at San Diego

NHL

YESTERDAY'S RESULTS

Chicago 2 Philadelphia 1 (Chicago leads series 2-0)

Henin upset by Australian

TENNIS Needing one point for an upset win over Justine Henin at the French Open, Sam Stosur wavered, hitting a double-fault.

The Australian took a deep breath and tried again. This time she launched a confident serve into the corner, setting her up for an overhead slam to seal the biggest victory of her career.

Stosur sidelined Henin 2-6, 6-1, 6-4 in the fourth round yesterday, ending the four-time French Open champion's streak of 24 consecutive victories at Roland Garros. Stosur's opponent in the quarter-finals will be top-ranked Serena Williams, who beat Shahar Peer 6-2, 6-2.

"Obviously beating Justine is going to give me lot and lots of confidence," said

Stosur, seeded No. 7. "It's a great achievement for me, but it's not over yet. I'm just in the quarters and going to play the No. 1 player in the world next."

Another four-time champion, Rafael Nadal, advanced by beating No. 24-seeded Thomaz Bellucci 6-2, 7-5, 6-4. Nadal, who lost in the fourth round in 2009, has yet to drop a set this year and will next play fellow Spaniard Nicolas Pietrangeli, seeded 19th.

No. 3-seeded Novak Djokovic eliminated the last American in the men's draw, beating Robby Ginepri 6-4, 2-6, 6-1, 6-2.

No. 4 Jelena Jankovic and unseeded Yaroslava Shvedova won in straight sets and will meet in the quarter-finals.

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Your Neighbourhood:

Tantallon

EDITOR: SARAH CAIRNS, SARAH.CAIRNS@METRONWS.CA



Kick up some dust

Take a hike on the Old Annapolis Road Trail. The trail, in existence for more than 20 years, is a great spot to see undisturbed wildlife. It's open weekends and week nights from May to September. METRO NEWS SERVICES

Making home a natural choice

JON TATTRIE
For Metro Halifax

Nestled into the woods of western Halifax Regional Municipality and brushing up against the shore of St. Margaret's Bay, Tantallon and surrounding areas retain locals and attract newcomers by offering access to necessary amenities, while also getting the best of nature.

Kevin Little, the minister at St. Luke's United Church, loves the area he and his family chose to settle in. "It's pretty clear to me what the big pro is of Tantallon. It's small community, or at least it appears to be a small community, but it's actually much larger," he says. The subdivisions hide in the woods, leaving lots of trees and green space. And of course, nowhere is too far from the glittering water of the Atlantic Ocean, opening the way to coastal hikes and boating adventures.

Little points out that every shop one could possibly want is corralled safely in Bayers Lake Business Park, 15 minutes down Highway 103. Locally there are a few big grocery stores, pharma-



The St. Margaret's Bay Community Centre and Tantallon public library are two of the amenities available in Tantallon, a large community with a small town feel.

cies and basic stores, but mostly people are untroubled by commercial districts.

"The only down side to living out in Tantallon is the cost of gas and how much it costs to go back and forth," he says.

He walks or catches a ride as often as he can and the new peak-hour express bus service helps, but you're going to be doing a lot of driving. "Frankly, the feeling is

"(The Centre is) used for everything under the sun. We've shot movies here, we've done weddings — on ice, believe it or not — everything." Mike Leroux, St. Margaret's Bay Community Centre

that your [carbon] footprint is big because of it," Little says.

Mike Leroux has lived in Tantallon for 15 years. He's worked at the St. Margaret's Bay Community Centre for almost as long as says the



PHOTOS: JON TATTRIE/ION METRO HALIFAX

2005 expansion of the facility transformed the area. The year-round ice rink is used for hockey and figure skating. The gym and other rooms are kept busy with the Slam basketball league comprising 500 kids and

classes in taekwondo, Choi Kwang Do, aerobics, day camps and many other activities.

Leroux estimates that the centre serves a fast-growing population of 60,000 people and gets 650,000 visits every

year. "It's used for everything under the sun. We've shot movies here, we've done weddings — on ice, believe it or not — everything," he says.

"The outdoor swimming pool is just packed in the summer time."

He says the big lots at affordable prices are a big plus. "You're close to water, the ocean, all kinds of amenities," Leroux says.



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your neighbourhood: tantallon **13**

A mix of things to do in Tantallon

RICHARD WOODBURY
for Metro Halifax



For those looking to do something in the Tantallon area, a visit to the Train Station Bike & Bean is a must. The Bean is a café and bike shop located in the French Village Train Station, which was built in the early 1900s.

The Bean offers both bike rentals and bike repairs and is located along the Rails to Trails path, a multi-use trail that runs from Halifax to Hubbards.

"It's really nice," says staffer Myles Evans. "It's all crusher dust. People walk, bike, run and there are (even) horses."

"People just really enjoy coming out on a nice day and going for a walk and coming back and getting a coffee."

Myles Evans, Train Station Bike & Bean

After using the trail, Evans says people love coming into the Bean for a relaxing drink.

"People just really enjoy coming out on a nice day and going for a walk and coming back and getting a coffee," he says.

The facility is licensed,



The Shining Waters marina and restaurant has a great view of St. Margaret's Bay.

so for those looking to have a beer or a wine, they're in luck.

Part of the charm of vis-

iting the Bean is its architecture. Evans says you can still see how the train

station was laid out and envision where things such as the ticket room or waiting room were located.

For a truly Canadian experience, check out Acadian Maple on the Peggy's Cove Road. Known for its pure Nova Scotia maple syrup, the shop also sells fresh fudge and jams.

One of the most gorgeous

things to see in the Tantallon area is the St. Margaret's Bay.

A great place to see that view from is the Shin-

ing Waters Marina. It has a wrap-around patio that overlooks the bay.

The full-service marina is also open for special events or dining and can host up to 220 people for a seated dinner.

For those interested in kayaking on the bay, Sea Sun Kayak offers a number of options, including half-day trips, full-day trips or overnight ones.

"If gazing up at the stars over a campfire during the night and exploring secret beaches along our rugged coastline during the day sounds like paradise to you, you're in good company," advertises the company's website.

Rent kayaks for day or overnight trips

Word on the street: What do you like best about living in Tantallon?

Robin Jardine

A: I like the people

Grayson St-Laurent

A: I like it because it's close to the stores.

Chris Walsh

A: I think it's a good place to work.

Jen Caldbeck

A: The convenience of living close to Halifax, but not in a city.



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14 your neighbourhood: tantallon

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A short commute opens a world of possibilities

JON TATTRIE
for Metro Halifax

Real estate in the Tantallon area offers some of the cheapest houses in HRM, but you'll have to step up the price ladder to get what you want where you want it.

"There are some areas that are older, so it kind of skews," says Century 21 realtor Tina Parker. "Yeah, you can get something for \$100,000, but it's nowhere near the average. It's slim pickings for under \$200,000."

That low entry point would be toward Timberlea and would limit your op-

tions for size, age and location, but you might luck out. She says if you can pay \$250,000, Tantallon opens up. \$320,000 and the area's your oyster.

"That's a three-bedroom, two-and-a-half bath house, and properties out there are like an acre. You get more property and more privacy,"

she says. "The smaller, older homes are disconnected from those neighbourhoods."

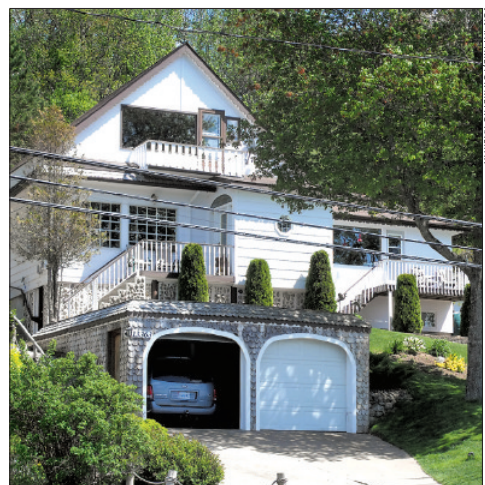
Sandy Hines of Royal LePage agrees. Located 30 kilometres west of Halifax, Tantallon offers a 30- to 40-minute commute to downtown, he says. Newcomers, especially if they're coming from Toronto, love that.

Buyers also love the large, landscaped lots, including many waterfront properties. It's also home to Glen Arbour Golf Course, St. Margaret's Community Centre, several strip malls and a Sobeys, Atlantic Superstore and Canadian Tire, among other major retail outlets.

It also has the Tantallon Library, the only one in the area, and it's close to the Hammonds Plains Medical Clinic. Hines says the school system is excellent, including early French immersion and the new Sir John A Macdonald High School.

Kingswood is the area's largest subdivision, with about 1,000 homes. Many have municipal water, a rarity in an area mostly on wells. It's the closest neighbourhood to Halifax and most houses were built between 1995 and 2000.

Waterstone Ridge, off Lu-



\$400,000 gets you a two-storey, two car garage in Tantallon.

casville Road, developed in mid-1990s. Glen Arbour is at the high end, with buyers getting two memberships to the golf course. White Hills, from 1997, is still offering new houses. Highland Park is one of the oldest areas, dating to the 1970s.

Hines sells mostly in the Halliburton Hills and Westwood Hills neighbourhoods, located near Highway 103. Prices start around \$225,000.

"That would get you, depending on which end of the road you're on, probably a 20-year-old split entry, bungalow-style house," he says. "There's not much limit (on price)."

You can get a new "executive" two-storey house finished on three levels, a double-car garage and three bathrooms for \$400,000. "It would probably be brand new," he says.

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your neighbourhood: tantallon **15**

Sustainable development is key

RICHARD WOODBURY
for Metro Halifax



Development has become a major concern for residents of Tantallon. With the appearance in recent years of a number of large chain stores at the area known as the Crossroads, these developments have caused "a radical change to the rural nature of the village," says one community organization.

"This community is not anti-development. It would just like to have development that respects community values," says John Leon, a strategic planner with the St. Margaret's Bay Stewardship Association.

The organization is concerned with how the developments at the Crossroads have caused the area to lose its village atmosphere.

Through lobbying efforts, there has been some progress as some of the retailers have made changes to their properties, making them fit more in line with the Association's values, such as Canadian Tire putting in some biking and walking paths.

Working with HRM and



Preserving the natural environment of St. Margaret's Bay is a key development issue for the St. Margaret's Bay Stewardship Association.

regional councillors, Leon hopes to establish a village plan that would provide a framework for development at the Crossroads. This plan would address things such as architectural design and preserving the natural environment.

Just down the road on the Peggy's Cove Road (across from Acadian Maple), there is a development in the works that appears to be more in line with the com-

munity's values.

Three local businesses are getting together and building a 6,500 foot square foot commercial centre to house their businesses, as well as some additional tenants.

"We're trying to do this in such a way that the building is designed to fit in with the community," says Anthony Fielding, the owner of Bluenose Accounting. Construction hasn't yet

started, but he hopes the building will be ready by December.

The other businesses involved in the project are Bay Insurance & Financial and St. Margaret's Bay Massage Therapy.

Fielding wants the development to be as green as possible, well-landscaped and pleasant to look at.

"I want it to be something the community can be proud of," he says.

It's all in the family at Albert's Wharf Gallery

RICHARD WOODBURY
for Metro Halifax



Despite the name, Albert's Wharf Gallery, the owner is actually an artist named Neil Depew.

"Almost every tourist who comes in here asks me if I'm Albert," says Depew.

He's run the French Village gallery for the last 16 years.

The gallery is named after Albert Burchell, a deceased local resident who used the property as a fish shack and even lived in it at times.

"Everybody knew him in

the community," says Depew.

To this day, locals still come in and tell Depew stories about him. Burchell was a colourful fellow who had one leg, but "he still managed to fish and farm for a living," says Depew.

He died at the age of 96.

Depew sells both originals and prints of his watercolour paintings depicting life in the area, such as "foggy fishing villages, Cape Islanders reflecting in the wa-

ter and waves crashing on the shore."

Tourists make up a large part of his business.

"The tourists that come here, they fall in love with the area so they're looking for art work that's representative of the area," he says.

The gallery also sells work by J'anna Jacquelyn (who happens to be Depew's mother). The shop is a bit of a family affair as his mother, father and one of his sisters all take

turns working at the gallery. Even on of his "best old time friend's" works sometimes.

The gallery is open daily and is a seasonal operation. Its hours are usually nine to five, although the hours sometimes get extended when Depew decides to have a barbecue or go for a swim. "When I'm at Albert's Wharf, it's not like it's work," says Depew, who was an insurance underwriter before opening the gallery.

He also has a gallery at Peggy's Cove called the Neil Depew Watercolour Gallery. He splits his time between the two galleries.

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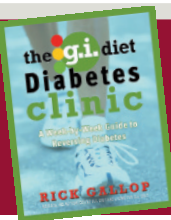
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A toast to SATC

Food



A guide for Type 2 diabetes

With the number of cases of Type 2 diabetes increasing at an alarming rate in Canada and North America, it's crucial to control weight and blood sugar levels to deal with the disease, says Rick Gallop, author of a new cookbook on the subject. His newest book, *The G.I. Diabetes Clinic* (Random House of Canada, \$24.95 paper), addresses the dietary requirements of those battling Type 2 and pre-diabetes. It is based on a 13-week online e-clinic he conducted with volunteers. **THE CANADIAN PRESS**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Great for the grill

Barbecue is about more than just burgers and hot dogs

Hot sun, cool drinks and something cooking on the grill: It doesn't get much better than that.

But grills are about a lot more than just burgers and steaks. To truly take advantage of warm weather, make sure you also give your starters and desserts the barbecue treatment.

Start with succulent grilled eggplant. This recipe calls for the eggplant to be sliced, grilled and rolled up around a generous amount of feta cheese and tomato. Note that eggplant soaks up oil like a sponge, so if you're watching your calories, go easy on the oil when you're brushing it on.

Beef isn't the only kind of burger around. Channel the classic flavours of a cobb salad with this cobb style chicken with avocado spread topped with crispy bacon and flavourful Roquefort cheese. If you aren't sure if your avocados are ripe, try prying the stem gently. If it pops off easily and you can see green beneath, it's ripe!

And channel the flavours of a campfire with delightfully chewy s'mores chocolate chip cookies, stuffed with marshmallow and chocolate. No, you can't really make these on the grill, but visit 20minute-supperclub.com/metro to find these recipes plus an incredible barbecue dessert called Plankies — created by Ted Reader, it features Twinkies and nutella.

-MEGAN MCCHESENEY

Grilled Eggplant

SERVES 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES



Cobb Style Chicken with Avocado Spread boasts the classic flavours of a cobb salad.

RECIPE DEVELOPER: KIRSTEN ERNST, VANCOUVER, B.C.

INGREDIENTS:

- 1 large eggplant
- 1 cup feta cheese
- Juice of 1/2 - 1 lemon (to taste)
- 1 tomato, seeded, and diced
- 1/2 or 1 small red chili, seeded, and finely sliced (to taste)
- 1/2 cup mint, chopped (reserve small amount to sprinkle on top for garnish)
- Olive oil
- Salt and ground black pepper to taste

METHOD:

1. Preheat barbecue. Slice eggplant, lengthwise, about 1/4-inch thick. Rub olive oil on each piece, both sides. Grill slices on barbecue, marking with crisscrosses, until just tender. Place slices on baking sheet lined with parchment paper. Sprinkle light-

ly with salt and pepper. Let cool. In bowl, combine crumbled feta cheese with lemon juice to taste, tomatoes, mint, salt and pepper to taste.

2. On each slice of eggplant, put approx. 1/4 cup of feta mixture, and roll up. Put all rolled slices in a row on platter. 3. Sprinkle top with reserved chopped mint.

Cobb Style Chicken with Avocado Spread

SERVES 4

PREP TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 8 slices bacon
- 1 1/2 lb ground chicken
- 1/4 cup finely diced onion
- 1/4 cup coarsely chopped watercress leaves, plus extra sprigs for garnish
- 2 Tbsp crumbled Roquefort cheese, plus more for garnish, if desired
- 1 Tbsp dijon mustard
- 1 tsp kosher salt, plus more for avocado mixture
- 1 tsp worcestershire sauce
- 1 avocado, peeled and pit removed
- 1 Tbsp lemon juice
- 1/4 tsp minced garlic
- 2 Tbsp olive oil, plus more for grilling
- 4 hamburger buns
- 1 tomato, cut into 4 slices

METHOD:

1. Preheat a grill to high. 2. In a non-stick skillet, set over high heat, cook bacon until crispy. Drain on paper towels and set aside.

3. Meanwhile, in a large bowl, combine chicken, onion, watercress leaves, cheese, mustard, salt and Worcestershire and mix gently. With lightly oiled or wet hands, form mixture into 4 (6oz) burgers, about 3/4-inch thick, and set aside.

4. In the small bowl of a food processor, combine avocado, lemon juice and garlic and process until smooth. With the motor running, add oil and process until combined; season to taste with salt and pepper and set aside.

5. Lightly brush both sides of burgers with olive oil and place burgers on hot grill. Cook, flipping once until cooked through, about 4 to 5 minutes per side. Place buns on grill and lightly toast on both sides, about 1 minute and set aside.

6. To assemble burgers, divide avocado mixture among bottom half of each bun and spread evenly. Top with chicken burgers followed by bacon, tomato, watercress sprigs, Roquefort if desired, and cover with remaining buns.

S'mores Chocolate Chip Cookies

MAKES 38 COOKIES



Try Grilled Eggplant on the barbecue for an appetizer.



S'mores Chocolate Chip Cookies.

PREP TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

RECIPE DEVELOPER: RHIANNON

BANDA-SCOTT

INGREDIENTS:

- 1 1/2 cup all-purpose flour
- 3/4 cup graham crackers smashed into tiny pieces
- 1 tsp baking soda
- 1 tsp salt
- 1 dash cinnamon
- 1 dash nutmeg
- 1 cup softened unsalted butter
- 3/4 cup dark brown sugar
- 3/4 cup white sugar
- 1 tsp real vanilla extract
- 1 tsp real vanilla extract seeds from one vanilla bean
- 2 large eggs at room temperature
- 1 3/4 cups chocolate chunks
- 2 cups mini marshmallows
- 1 - 2 Hershey Milk chocolate bars, in pieces

METHOD:

1. Preheat your oven to 375°F and line a baking sheet with parchment paper. In a medium bowl, combine flour, graham cracker crumbs, baking soda, salt, cinnamon, nutmeg and stir until combined. Beat together butter, sugars and vanilla extract in a large

er bowl until creamy and smooth. Add in your eggs, blending on medium speed until fully incorporated.

2. Beat in the flour mixture to the butter mixture, beating on medium speed until combined well. Pour in the chocolate chips and stir with a spoon. Covering your hands on a bit of flour, roll 1 - 2 tablespoons worth of dough into a ball and place on the parchment paper. You may be able to fit only 9 cookies on one baking sheet.

3. Bake for 4 minutes in a preheated oven and remove from heat. Place as many marshmallows and Hershey chocolate chunks into each cookie before returning to the oven to bake. Continuing baking for approximately 4 more minutes or until the marshmallows start to puff out slightly. Cool on baking sheet for 10 minutes until cooling completely on a wire rack. Keep covered in an airtight container for up to three days.

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Colour dictates eating habits

The colour of the room you're in can dictate your mood and appetite. Warm colours increase appetite so avoid painting your kitchen red, orange or yellow. On the other hand, cool colours, such as blues and violets, can decrease ones appetite. **METRO NEWS SERVICES**

Fancy no-bake cake

If you're hosting a bridal shower, a graduation or engagement party this spring and summer, you'll want the food to be served to be super special.

And although many hosts will rely on a caterer to provide the goodies, here is a magnificent dessert to make and serve.

orange-flavoured liqueur, rum, tequila or orange juice

- 250 ml (1 cup) whipping cream
- 45 ml (3 tbsp) granulated sugar
- 5 ml (1 tsp) vanilla

Topping

- 500 ml (2 cups) sliced strawberries

METHOD:

In a very small saucepan, sprinkle gelatin over 50 ml (1/4 cup) cold water; let stand for 2 minutes. Heat over low heat, stirring constantly, until dissolved, about 1 minute. Let cool.

Meanwhile, puree undiluted margarita mixer with strawberries until smooth. Pour into a large bowl. Stir in gelatin mixture. Refrigerate, stirring occasionally, until starting to thicken. Start checking at 30 minutes; it should not be so thick that you can't fold in whipped cream.

Trim rim from shells to make flat cakes, reserving rims. Place shells in 20- to



Strawberry Margarita Cake.

23-cm (8- to 9-inch) spring-form pan, filling holes with rim bits. Press to make even layer. Brush with orange liqueur.

In a bowl, whip cream with sugar and vanilla until peaks form when beaters are lifted. Stir one-third into thickened strawberry mixture. Fold in remaining whipped cream. Pour onto cake; tap pan on counter

to remove any air bubbles. Refrigerate for at least 4 hours but preferably overnight.

Serve cake topped with berries. (Recipe source: Foodland Ontario).

Nutritional information per piece: 210 calories, 2 g protein, 10 g fat, 27 g carbohydrates, 1.5 g fibre.

THE CANADIAN PRESS

Vino to go with your grill

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Though the cave-men developed lots of useful things (the wheel, fire, the pointed stick), it's possible their most important offering to modern man was the invention of the first barbecue. Okay, so while what I call barbecue was more like survival to them, their original appreciation of a nicely grilled slab of beef still resonates all the way up to my back deck.

When picking a wine match, keep things balanced, fruit forward and not too expensive. There's no reason to spend a bundle on a bottle of vino — especially if you're into wild and expressive sauce and marinades. (Both of which can wreak havoc on a liquid partner).

In South America, where they grill breakfast, lunch and dinner, Argentina is the barbecue champ. True as that may be, I think there's a convincing case for Chilean reds.

The **Carmen 2007 Cabernet Sauvignon** (\$10.95 - \$13.99) takes the classic grill grape and massages it into a rich, black berry-infused charmer; while the **Concha y Toro 2007 Casillero del Diablo Shiraz** (\$11.95 - \$13.99) puts a slight Aussie spin on shiraz by injecting a touch of spice into its ripe and rounded flavour.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

ADVERTISING FEATURE

Real Ice Cream, Real Taste



"Life would be easier if we made cans of peas!" laughs Penny Chapman. Penny is President and co-owner of Chapman's Ice Cream, with her husband, David. Every day she samples ice cream produced at their Markdale, Ontario manufacturing plant. And every day she reads emails and takes phone calls from customers across Canada, ensuring the ice cream tastes as good to them as it does to her.

Customer feedback means everything to Chapman's. When the company was founded, nearly 40 years ago, people didn't expect to see local brands of ice cream for sale. Penny and David made their mark by showing consumers what buying local could really mean. "We brought out 22 flavours when most companies had four," Penny remembers. "We made ice cream that a family could afford. We listened to consumers, and so we grew and grew."

Chapman's tapped into a burgeoning movement—a new desire among Canadians for dairy products made from

100% Canadian milk, renowned for its high quality, purity and great taste. "Consumers want honesty," Penny says. "They want to know what they're buying, and if given the opportunity to do so, they'll usually buy Canadian. But not everyone knows what to look for. A company importing ingredients from other countries won't

advertise it. A company making products from vegetable oil instead of butter fat won't want consumers to notice. Chapman's uses entirely Canadian dairy products to make our ice cream, and that's why our packaging has the 100% Canadian Milk symbol clearly displayed."



For Penny and David Chapman, that symbol means their customers get what they pay for. And they're paying for more than a food product. "Ice cream makes memories," says Penny. "You buy it for birthday parties, anniversaries—even in tough times, it's a treat you can afford. We're proud to bring such fun into peoples' lives. You can't do that with a can of peas."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk



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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Tabata brings back the intensity

Program was developed to train Japanese Olympic speedskaters

CELIA MILNE
for Metro Canada

No pain, no gain. That's the basic premise of a new exercise method lunging its way into the mainstream. Tabata is a type of high-intensity interval training that only takes four minutes. It's tough, but after it's over, your body continues to burn calories.

"I'm excited about it. It helps melt the butter," says Jane Clapp, head trainer and founder of Urbanfitt, who brought Tabata to her fitness studio in January.

Tabata and other interval training methods are rendering steady state cardio workouts — such as going for a long, slow run — passé.

"You see people on the elliptical machine for 30 minutes reading a magazine. That drives me crazy," says Clapp. "If you can read a magazine while working out, you are not working hard enough. That will not help you see results and you won't be present in your body. You also won't get the post-workout calorie burn."

The Tabata Protocol is named after Dr. Izumi Tabata, a former researcher at Japan's National Institute of Fitness and Sports in Kanova. It was first used to train Japanese Olympic speedskaters. The idea is to do an exercise all-out for 20



From left to right: The first two moves for the Tabata squat, and a demonstration of the Tabata lunge.

"If you can read a magazine while working out, you are not working hard enough. That will not help you see results and you won't be present in your body."

Jane Clapp, founder of Urbanfitt

seconds, then rest for 10 seconds, and repeat this process over and over again for four minutes.

The exercises can be almost anything that uses the whole body — think of old-school calisthenics — burpies, mountain climbers, jumping jacks,

hop lunges, push-ups, squats, even skipping.

"You are forcing the body to adapt again and again, versus using the treadmill for 30 minutes where there is only one adaptation phase," explains Clapp.

You're also recruiting

large muscle fibres that otherwise sit idle, and making them work hard, Clapp says.

The results? You burn a lot of fat and sugar, and feel pumped afterwards.

"It helps people get their mojo back," says Clapp. "You get blissed-out after — there's a huge endorphin rush."

A study in the Journal of Physiology found that one and a half hours of high-intensity interval training per week was just as beneficial as four

and a half hours a week of traditional, steady-state exercise.

A typical class at Urbanfitt might be four minutes of Tabata, some resistance training, another Tabata set, more resistance training, a third Tabata set and then a third set of resistance training. Many of Clapp's clients are working moms who have little time and lots of weight to lose. They love Tabata's efficiency. "I like that it stokes the furnace in people," she says.

3 ways to do lifts at home

CELIA MILNE
for Metro Canada

If all this talk of lifting weights has you intimidated, you can start doing some simple lifts at home.

According to Harvard University's HealthBEAT, lifting weights improves muscle strength, bone density, and balance. It can also help you control your weight and aid your body in sopping up sugar in the blood to fend off diabetes.

Here are three exercises you can do at home using a chair that has armrests.

1 SEATED BRIDGE: Sit slightly forward in the chair with your hands on the armrests. Slowly raise your bum off the chair until you're almost standing. Slowly sit back down.

2 TRICEPS DIP: Put your chair against a wall. Sit in the chair and put your feet together flat on the floor. Put your hands on the armrests of the chair. Lift yourself up a few inches by straightening out your arms. Slowly let yourself back down.

3 STANDING CALF RAISE: Stand behind the chair and hold onto the back of it. Raise yourself up on tiptoe, then lower yourself back down.

For each of these exercises, do eight to 12 repetitions. Rest and repeat the set.

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Study links miscarriages to antidepressant use

A new study suggests taking antidepressants during pregnancy may increase the risk of miscarriage. The study of more than 5,100 pregnant women in Quebec found taking antidepressants in the first trimester increased the overall risk of miscarriage by 68 per cent. **THE CANADIAN PRESS**

health & beauty 19

How to be the best single person you can

Advice books focus on finding the right relationship

The J Spot

Josey Vogels

metronews.ca/thejspot

There are a gazillion books aimed at helping couples get their relationship in shape. And, it seems there's a gazillion more to help single people meet someone to have a relationship with (so they can then eventually buy the first gazillion books when said relationship eventually goes to pot).

But it seems to me there are very few books focused on how to be the best single person you can be. Which is too bad, because we all know that the only way to find a relationship is to be the best you can be when you're in your best shape as a single person.

And when I say "in shape," I'm not talking endless squats and a high-fibre diet (though getting in physical shape and feeling healthy does help you feel good about yourself). I mean getting in shape emotionally and mentally.

This can be tough in a society that acknowledges every stage of coupledom — anniversaries, moving in together, marriages, kids — but rarely celebrates the joys or marks the milestones of single life.

A study that came out a few years back said that, today, most typical urban-dwellers cohabited an average of nearly four years



Enjoying a nice candlelit dinner at home is a great way to get your single life in better shape.

and were married about 18.

The rest of the time — an average of about 19 years — they were dating or alone, with no steady companion.

Given we spend as much of our lives being single as we do partnered, surely being single deserves a little more respect. So, while it's hardly a match for all the advice out there on how to get your relationship in shape, here's my advice for getting your single life in shape:

- Enjoy a Saturday night at home alone with a movie and a glass of wine without feeling like a loser.
- Host Christmas in your own place with your own friends.
- Relish the fact that you get the whole bed to yourself.
- Enjoy a solo candlelit dinner at home.
- Treat yourself to dinner at a fancy restaurant.
- Travel on your own. You always meet more people this way.
- Enjoy the fact that you

can make plans without having to consult anyone but yourself.

- Remind yourself that you get to be the "cool" aunt to your nieces and nephews without having to foot their college tuition.

- Stay out all night without having to check in.

- Realize that you're just as imperfect at being single as most people are at being in relationships.

- Remind yourself that most married people have just as many moments where they feel like they wished they were single again as you wish you were in a relationship.

- Know that you're happier on your own than in a mediocre relationship. If you do want to date and are feeling out of shape, check out some Spring Training Dating Tips in Josey's Sexcetera Blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



Follow Metro Health & Beauty on Twitter for all things beautiful & healthy: @metrohb

Higher intensity exercise has more benefits, study claims

PROGRAMS Here's some evidence that higher intensity is better in exercise. In a recent study, exercise physiologist Gordon Bell from the University of Alberta recruited 128 physically inactive but healthy men and women between the ages of 27 and 65. He divided them into two groups: One group walked and the other did a traditional aerobic fitness program.

After six months, those in the fitness program enjoyed greater health benefits than those who merely walked. The fitness program had greater benefits in terms of blood pressure and peak oxygen intake — a way of testing breathing to see if the body has adapted well to the stress of exercising.

CELIA MILNE/FOR METRO CANADA

Health in brief

EXIT AROMAS A Ukrainian perfume company claims to have invented a jelly bean capable of producing perfumed farts. The candies are being produced in a number of varieties, from generic "fresh office" to specific smells which mimic famous perfumes. After

being eaten, they produce what the company call "exit aromas" — which are said to be as effective as air fresheners. There are plans to produce more than 35 smells in all. It's not known when the candy will be available in Canada.

METRO WORLD NEWS

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Defence lawyers for former Liberian President Charles Taylor are opposing a request by prosecutors at his war crimes trial to call Naomi Campbell as a witness, branding the move "a publicity stunt." Prosecutors claim Taylor gave the supermodel blood diamonds in 1997. **THE ASSOCIATED PRESS**

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



Hobbit on hold

Director Guillermo del Toro says production delays have forced him to quit the planned film version of J.R.R. Tolkien's *The Hobbit*. He was slated to direct a two-part prequel to the *Lord of the Rings*. **THE ASSOCIATED PRESS**

Say goodbye to the old Much

TheAudioFiles



Bryan Borzykowski

metronews.ca/music

Like millions of Canadians who grew up in the '80s and '90s, I learned a lot about this country's diverse music scene by watching MuchMusic.

I still remember the first time I saw Our Lady Peace's Naveed, and the moment I discovered Sloan through the hilarious wedding-themed video for *Everything You've Done Wrong*. It

was an important channel growing up and, again, like a lot of Canucks, I've been saddened by its move away from music videos to vapid reality TV programs, like *A Shot At Love with Tila Tequila*.

But despite MuchMusic's love of American programming, the network — currently owned by CTVglobemedia — continues to help fund Canadian-made music videos via MuchFACT (previously VideoFACT). That could soon change. CTV has asked the CRTC to reduce its financial commitment to MuchFACT from seven per cent of its revenue to 3.5 per cent.

Some people will see this as yet another sign that MuchMusic does not want to play videos. Let them strip the station of every single music video if that's what they want. Because it has dutifully promoted Canadian culture for three decades, it's easy to forget MuchMusic is not the CBC. Its purpose is to make money and the reality is that if MuchMusic devoted as much time to playing music videos today as it did 15 years ago, it could be in trouble.

Nowadays, more and more people are discovering music videos online. While I have fond memo-



MuchMusic is moving away from music videos in favour of broadcasting more reality TV programs such as *A Shot At Love with Tila Tequila*.

ries of the station, its original purpose is being rendered irrelevant. (If you really like watching videos on TV, tune into AUX TV.)

What concerns me

most about CTV's CRTC application is that artists will potentially have fewer opportunities to get videos funded. Beverly McKee, MuchFACT's executive director, admits that

if the cut happens, and her organization doesn't make any adjustments, there will be less money to go around. However, because MuchFACT's funding is based on a per-

"Because it has dutifully promoted Canadian culture for three decades, it's easy to forget MuchMusic is not the CBC."

centage of the station's revenues, if the station makes more money because of the programming change, MuchFACT could benefit.

There are still other places musicians can get money. FACTOR, for instance, is a government-funded organization that helps artists pay for demos, albums and touring, and offers artists up to \$20,000 to make music videos. Other local and regional bodies provide marketing or video-specific funding.

Whatever happens, music videos will be around forever; bands will find ways to make them. Relying on a television station to help Canadian artists — and fans learn about new music — is becoming a thing of the past.

And that's fine with me. I said goodbye to MuchMusic a long time ago.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic.



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DVD picks



Alice In Wonderland

Director: Tim Burton

THE CURIOSER AND curi-ouser thing about Tim Burton's *Alice in Wonderland* is how he actually manages to find new wonderment in this oft-told tale.

Burton assigns order and

drama to Lewis Carroll's 1865 dream fantasy, which suffers from lack of momentum in its traditional telling.

The narrative now has a real arc, complete with prologue and epilogue, that gives meaning to Alice's adventures and also gives her a greater hand in her own destiny.

Newcomer Mia Wasikowska, who resembles a young Mia Farrow or Gwyneth Paltrow, nimbly enlivens the role of Alice, balancing innocence with bravery and intelligence. The Mad Hatter plays a much larger role in Burton's production, which is to be expected since he's assigned to Johnny Depp, Burton's grandest muse. Depp's Hatter is more of a

catalyst to action, and a commenter upon it, than he is a major definer of it — which is not to say that Depp doesn't bring some genuine kooky charm to the role.

Some may quibble at the liberties taken, including a terrifying subplot about a dragon that needs slaying, expanded from Carroll's whimsy poem Jabberwocky. But a straight retelling of the original would be to much of a muchness.

This new *Alice In Wonderland*, is, in a word, frabjous. That's a Carrollian term Wikipedia defines as "possibly a blend of fair, fabulous and joyous." I couldn't have muttered a better utterance.



The Wolfman

Director: Tim Burton

THE ATMOSPHERE'S RIGHT in Universal's revisiting of one of its horror legacies — Shelly Johnson's cinematography is smashing — and Benicio Del Toro makes for a brooding good fit to fill Lon Chaney's shoes as the hairy title star.

Yet somehow the picture fails in the area where it's supposed to count most: it's just not very scary.

Rick Baker's make-up looks distractingly more like a bear than a wolf. The gore, meanwhile, numbs more than shocks.

The numerous liberties taken with the story are just silly. Del Toro's character is contrived to be American, probably because the actor didn't want to do a British accent, yet he comes from a British family, led by Anthony Hopkins in one of Hopkins' loopy turns.

A detective played by Hugo Weaving does a fair job as a werewolf hunter. But with Emily Blunt as the listless love interest, there's nary a hair of romance.

Peter Howell/for Metro Canada

More than 1,200 fans commemorated heavy metal legend Ronnie James Dio in Los Angeles on Sunday, and hundreds more gathered in the scorching heat outside to watch monitors of the proceedings. Dio, 67, died of stomach cancer last month. **THE ASSOCIATED PRESS**

Old school hustle

EPMD's Erick and Parrish still Making Dollars

JASON RICHARDS
for Metro Canada

EPMD know the meaning of the word “comeback.”

The legendary hip-hop group has done it twice now — first in the mid-'90s, and again a couple years ago.

If there were any doubts about Erick Sermon and Parrish Smith's latest return to the stage they were put to rest during a series of packed shows in Boston, New York, Chicago and Detroit.

Recently, they played to a crowd of 10,000 at the Fresh Fest in Connecticut. Many of their fellow East Coast rap legends were also on the bill: Slick Rick, Biz Markie, Big Daddy Kane, and the Fat Boys.

"It felt like time travel. Reminded me of being on the Run's House World Tour," says Smith, a.k.a. PMD, referring to RUN-DMC's all-star travelling hip-hop show in 1988. "It

"There was a time in music where everyone felt they had to be like what they heard on the radio and what they saw on TV. Now, it's just straight, raw, hip-hop." Parrish Smith

was the same vibe, too. Same camaraderie."

Naturally, EPMD's resurgence didn't happen on its own. "We had to bring ourselves back, for real," he says. They created the independent label EP Records and worked out a distribution deal. In other words, they handled their business.

Fans of the group know that “business” is a major theme for EPMD — each of their seven records has the word in its title. Their last, *We Mean Business*, dropped in 2008.

And while the album peaked at No. 42 on Billboard's hip-hop chart, Smith says they've been more successful than many acts with major-label deals.

"You can sell a hundred thousand records and still be doing better than someone who's gold or platinum," he says, citing Raekwon's success last year with *Only Built 4 Cuban Linx II* as a prime example.

At times, Smith seems almost too businesslike, saying he's excited to return to Canada because it's "a big market and we haven't been there in a while."

He is, however, sincerely excited to reconnect with his fans, promising that EPMD will be signing albums after the show.

As a matter of fact, by the end of this year, PMD will likely be signing copies of his latest solo album, called — wait for it — *Business Mentality*. He's excited to release it in



Legendary hip-hop group EPMD, consisting of Erick Sermon (left) and Parrish Smith (right) have geared up for their third comeback, recently playing for crowds of up to 10,000 on the festival circuit across the U.S.

what he considers a healthy hip-hop climate.

"I'm feeling real good about the solo album for the simple fact that now

we're back in a time where you can be yourself," he says.

"There was a time in music where everyone felt

they had to be like what they heard on the radio and what they saw on TV. Now, it's just straight, raw, hip-hop."

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Aiken demonstrates the passive-aggressive method of trying to get on Glee
While stars like Neil Patrick Harris and Molly Shannon have been lining up for guest spots on Glee, Clay Aiken claims he's not that interested. "I've never seen it," he tells Popeater. "My television is typically tuned to CNN." **METRO NEWS SERVICES**

Celebrity Buzz

Duchess disses rich Saudi prince

A MODEL OF INTERNATIONAL DIPLOMACY Disgraced royal Sarah Ferguson is in desperate need of money, but apparently she's not that desperate, as she turned down an offer of \$4.3 million US from a Saudi prince, according to the former Duchess of York's biographer, Allan Starkie. "I introduced her to a member of the Saudi

royal family who was willing to pay (her debt) off completely," Starkie tells Page Six.

"I arranged for Sarah to visit him. He met her alone, clad in flowing robes and a lascivious grin. When he tried to kiss her, she fled home and quickly called me, referring to the fellow dismissively as 'Rubber Lips,' indicating that when

those lips sprung forward and plastered themselves upon her mouth, 'it felt like extricating oneself from a suction cup' as she pulled free."

Fergie has been in the headlines recently after evidence surfaced of her attempt to "sell" access to ex-husband Prince Andrew for cold, hard, cash. The embarrassed mother of Princesses Beatrice and Eugenie admitted to her indiscretion and asked forgiveness of the royal family.

METRO WORLD NEWS



Cyrus stirs up speculation

AND THE COGS IN THE DISNEY MACHINE KEEP A-SPINNIN' Miley Cyrus can't stop teasing fans with details about her past with Nick Jonas. Though she's happily dating her Last Song co-star Liam Hemsworth, Cyrus couldn't help dropping a reference to Jonas during a recent concert in Portugal while introducing her song, Full Circle. "It's

about two people. They're always gonna come back together no matter what anyone says or the bad people that try to keep you apart," she told the crowd, according to Just Jared. "Surprise surprise, it's about a Jonas brother — You didn't hear that." **METRO WORLD NEWS**



Streep, Judd receive Ivy League diplomas

AND CELEBRITY BUZZ IS ALSO GETTING AN HONORARY DOCTORATE FOR OUR COMMITMENT TO COVERING THE IMPORTANT ISSUES OF THE DAY Meryl Streep and Ashley Judd are Harvard graduates — sort of, in the case of Streep. The two actresses were presented

with diplomas from the Ivy League school last Thursday.

Femalefirst.co.uk reports Streep was awarded an honorary degree from the institution, while Judd graduated with a Master in Public Administration.

METRO NEWS SERVICES



Rupert's regrets

HE'S HAD A FEW Rupert Grint, the red-haired best buddy of Harry Potter in the blockbuster movie chain, hates watching old films of himself, according to gossip site femalefirst.co.uk.

Grint, who plays Ron Weasley, reportedly told Bang Showbiz that "If the old films are on TV I'll glimpse slightly, but I've never watched one all the way through."

Grint also told BANG it was his fear of being typecast that made him want to appear in the

soon to be released movie Wild Target.

"I guess it was one of the reasons I did Wild Target because it was kind of a way out... Harry Potter is coming to an end, it's the last one, then it's all done. It's a weird feeling because we've been so long in this bubble and now we have to walk away from it all. It's important to do different things and stretch out," he said.

Harry Potter and the Deathly Hallows: Part I opens this summer. It will be the first of two installments to end the wildly successful movie series, which will total eight films since the first release in 2001.

METRO NEWS SERVICES

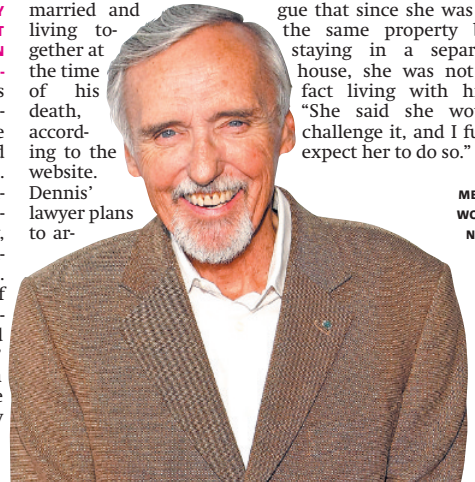


LET'S HOPE THERE'S A SPEEDY RESOLUTION. TOO SOON? (IT WAS BETWEEN THAT AND AN EQUALLY BAD EASY RIDER REFERENCE) A potential war is brewing over Dennis Hopper's estate, now that the iconic actor has passed away, according to TMZ. He had been trying to divorce his fifth wife, Victoria Hopper, since January, but the divorce was not finalized before his death. Under the conditions of their prenuptial agreement, Victoria is entitled to 25 percent of Dennis' estate as well as a \$250,000 US life insurance payout if they were

married and living together at the time of his death, according to the website. Dennis' lawyer plans to ar-

gue that since she was on the same property but staying in a separate house, she was not in fact living with him. "She said she would challenge it, and I fully expect her to do so."

METRO WORLD NEWS



Gaga calls the ghostbusters

UNFORTUNATELY, THE MACHINERY WENT CRAZY WHEN IT GOT NEAR HER COSTUME RACK, STARTED SMOKING, AND MELTED INTO A VISCIOUS GOO Lady Gaga is

backstage area at London's O2 Arena before she show there Sunday, according to the Mirror. Allegedly telling assistants she is terrified of "bad energy," Gaga instructed them to purchase the equipment from a local ghost-busting firm. "Her aide said the gear had to be robust as they were taking it on the road — so they must be doing this everywhere Lady Gaga is performing," a source at the firm says.

parently so afraid of spirits from beyond the grave that she's spent more than \$4,000 US on ghost-detecting equipment to sweep the



METRO WORLD NEWS

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CelebTweets

LINDSAY LOHAN isn't partying like she used to, **BRETT RATNER** has a very specific wish list, **STEPHEN FRY** knows where the real party is, and **SARAH SILVERMAN** wants some answers.

@lindsaylohan i'm with 2 friends now, one just left & we're watching "the stranger beside me" w/tiffani-amber thiessen & eric close- it is NOT a PG film!
@BrettRatner Actors I want to work

with: Ted Levine, F. Murray Abraham, Danny Huston, Gong Li, Mickey Rourke.

@stephenfry I shouldn't say so, but some of the most interesting people at this party are those crowded outside on the pavement smoking @SarahSilverman What's the plan with underwater cities? Are we getting there?

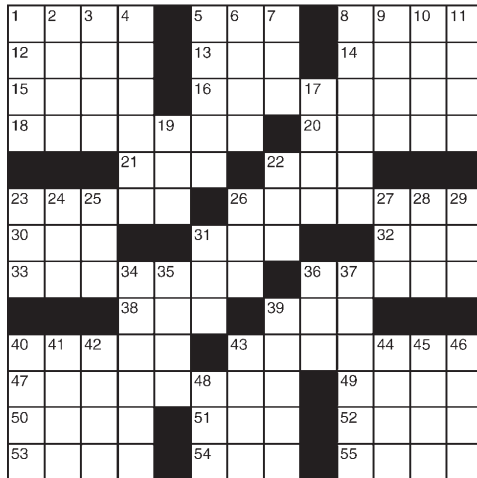


METRO NEWS SERVICES



For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

- 1 Burn
- 5 Toward the stern
- 8 Untalkative sort
- 12 Corporate illustration
- 13 Society-page word
- 14 Traditional stories
- 15 Leave out
- 16 French officer
- 18 Polite
- 20 Dada artist
- 21 Conger, for one
- 22 Tibetan beast
- 23 Mettle
- 26 First book of the Bible
- 30 Melody
- 31 Dine
- 32 Sort
- 33 Sexes
- 36 Defile
- 38 Ram's mate
- 39 Hamburger holder
- 40 Bracelet site
- 43 Authentic
- 47 Not at all

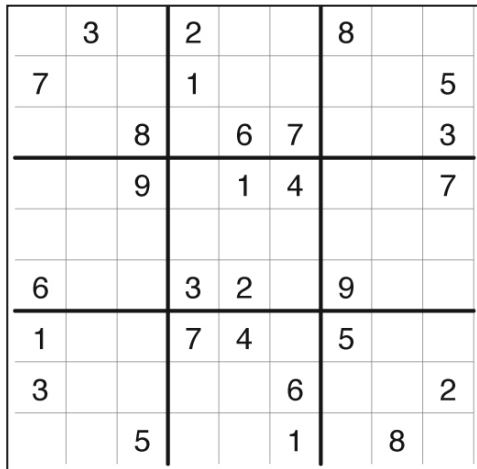
DOWN

- 1 Stop up
- 2 Base-runner's goal
- 3 Not "fer"
- 4 Putrid
- 5 Christmas tree topper, maybe
- 6 Sense
- 7 X on a sundial
- 8 "2001: A Space Odyssey" author
- 9 Forsaken
- 10 Weaponry
- 11 Encounter
- 17 College VIP
- 19 "A mouse!"
- 22 Still
- 23 Droop
- 24 Chart format
- 25 Coffee shop
- vessel
- 26 Petrol
- 27 Part of RSVP
- 28 Under the weather
- 29 Firmament
- 31 Prior to
- 34 Take out of context?
- 35 Basin accessory
- 36 Baltimore newspaper
- 37 Still in the packaging
- 39 Under siege
- 40 Taj Mahal city
- 41 Night light?
- 42 Entanglement
- 43 Mentor
- 44 —European
- 45 Run-down horses
- 46 Duel tool
- 48 Rowing need

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

C	A	R	T	I	C	H	H	U	L	A	7	6	8	2	3	5	1	9	4
A	S	E	A	M	O	O	A	N	O	N	3	2	4	9	7	1	5	8	6
S	T	A	R	P	O	R	R	I	D	G	5	9	1	6	4	8	7	3	2
T	I	P	T	O	E	N	A	R	R	O	9	7	6	8	5	3	2	4	1
B	E	G	R	U	D	G	E	O	P	E	8	4	3	1	2	6	9	5	7
B	R	A	S	E	R	A	C	L	E	R	1	5	2	4	9	7	3	6	8
C	A	M	S	D	I	S	L	O	D	G	2	8	7	5	6	9	4	1	3
E	T	A	P	I	U	S	4	1	5	3	8	2	6	7	9	6	3	9	7
A	R	G	A	N	E	N	E	W	B	I	1	5	3	8	2	6	7	9	6
C	O	O	L	I	D	G	E	A	R	A	B	6	3	9	7	1	4	8	2
N	I	C	K	E	N	S	L	I	M	B	5	9	1	6	4	8	7	3	2
E	L	K	S	N	U	S	D	E	B	S	4	1	5	3	8	2	6	7	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Corn Country Croquettes

INGREDIENTS:

- 6 large hard-boiled eggs
- 284 ml can cream-style corn
- 1/3 cup all-purpose flour
- 1/2 tsp onion powder
- 1/4 tsp each salt and pepper
- 1/4 cup 1% milk
- 2 tbsp minced parsley
- 1 cup seasoned fine dry bread crumbs
- 2 large eggs, lightly beaten
- 2 tbsp canola oil

METHOD:

1. Halve eggs. Discard 3 yolks. Finely chop remaining yolks and all egg whites; set aside. In small pot, combine corn, flour, onion powder, salt and pepper. Stir in milk. Cook, stirring, 5 minutes or until thickened.
2. Pour mixture into large bowl. Stir in eggs and parsley. Cover and refrigerate 1 hour.
3. Preheat oven to 300°F

(150°C). Spread bread crumbs on plate. In shallow bowl, place beaten eggs. Carefully drop about 1/4 cup chilled corn mixture onto crumbs. Shape into 1-cm-thick patty. Coat patty with bread crumbs, then with beaten eggs, and again with crumbs. Repeat for 8 patties.

4. In 25-cm skillet, heat 1 tbsp oil over moderately high heat. Add 4 patties and cook 8 minutes or until golden, turning frequently. Transfer to baking sheet, cover with foil, and place in oven to keep warm. Repeat with remaining oil and remaining patties.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
No matter who you manage to shock or offend today no one will be able to deny that you are speaking the truth as you see it.

TAURUS
APRIL 21-MAY 21
You'll be amazed by some of the ideas and images that dance through your head over the next 24 hours.

LIBRA
SEPT 23-OCT 23
Someone you thought you knew everything about will turn out to be more unusual than you suspected. Try not to be too judgmental.

SCORPIO
OCT 24-NOV 22
Even if you are the kind of Scorpio who only feels safe in familiar surroundings, you will be tempted by an exciting new offer.

GEMINI
MAY 22-JUNE 21
Chances are you will upset someone who represents all the things you dislike about the way the world is run. Someone has to rock the boat a little.

SAGITTARIUS
NOV 23-DEC 21
Don't waste time discussing what you intend to do with other people because they will only try to make you change your mind.

CANCER
JUNE 22-JULY 22
Every fiber of your being is telling you to do something dramatic but, admit it, you're a little bit afraid. Have faith in your intuition.

CAPRICORN
DEC 22-JAN 20
Why is it so hard to accept that a loved one has ideas of their own? You don't have to agree on everything. Have you not heard that opposites attract?

LEO
JULY 23-AUG 23
You may be in one of your more outrageous moods at the moment, but remember that if you strike too radical a pose you will have to live up to it.

AQUARIUS
JAN 21-FEB 18
What happens tomorrow, and the day and the week and the month after that, depends on the decisions you make over the next few hours.

VIRGO
AUG 24-SEPT 22
You will learn something about yourself today, something you have conveniently managed to overlook for quite some time.

PISCES
FEB 19-MARCH 20
Because you are sensitive by nature it comes as a surprise to some people when you act tough or refuse to back down.

This day in history

1533: Anne Boleyn is crowned Queen of England.
1974: The Heimlich maneuver for rescuing choking victims is published in the journal Emergency Medicine.
1980: Cable News Network (CNN) begins broadcasting.
1990: George H. W. Bush and Mikhail Gorbachev sign a treaty to end chemical weapon production.
2003: The People's Republic of China begins filling the reservoir behind the Three Gorges Dam.
2007: Jack Kevorkian is released from prison after serving eight years of his 10-25 year prison term for second-degree murder in the 1998 death of Thomas Youk, 52, of Oakland County, Mich.

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